

BRIDGES

BEST OF FASHION:

Our favourite looks from 2014; see if you agree **P. 2**

BEST OF SPACES:

A look at Saskatoon's unique and creative interiors **P. 14**

SHARP EATS:

Columnist Jenn Sharp picks the six best dishes of the year **P. 16**

WEDNESDAY, DECEMBER 31, 2014

A STARPHOENIX COMMUNITY NEWSPAPER

NO LEG NO FOOT NO LIMITS

DESPITE HIS AMPUTATION,
JANZ STEIN ALWAYS SEEMS
TO BE A STEP AHEAD **P. 5**



FREE

Best of FASHION YXE

Have an outfit you've styled for an upcoming event? Send a photo to bridges@thestarphoenix.com

BEST OF FASHION 2014

As the saying goes, "fashion is art and art is fashion." It was a theme that ran throughout the year during the shoots we did for the Fashion section in Bridges. Fashion is also a clever way to illustrate your personality, artistic capabilities or even your ethos. It was this year of plaid and man-buns, upcycling and re-working, shine and glamour, and a stronger move toward supporting local designers than ever before.

So, ladies, you've come a long way baby and we can't wait to see what you wear in 2015. Here are a few of our favorite Fashion shots of the year, courtesy of photographer

Michelle Berg

Courtney Lawrence and Brooke Cross wear up-cycled, dark denim from Salvage Co. and their own collection into their own look to create a chic, modern ready look.



Gracie Courtney is wearing a jacket.



Gracie Courtney is "looking over" on Broadway.



November Fashion shoot off two girls in a field of yellow leaves at Ashcroft Park in San Diego.



Michelle Lawrence is showcasing her style in a black top, grey vest, and black boots.

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Ann Skorn, who has/had her foot, assistant of her for amputational continues to lead an active lifestyle, including coaching Rutgers-Bergen Williams College's wrestling team. BRIDGES PHOTO BY BRUCE SARA GOSSET

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A lamb and brown aspic at Table 10 in Regna is just one of the top 10 meals Bridges columnist Jenn Sharp had in 2014 in South Jersey. BRIDGES PHOTO BY BRUCE SARA GOSSET

BRIDGES COVER PHOTO BY TROY FLEECE

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IN THE CITY

DECEMBER 27, 2014 - 10:19 P.M.

Musical swap meet



Brody: Rehmy, Melissa Galt and Aaron Karpela performing Band 3 Swap. A Saturday at Empire Casino Band Swap is an annual event for local musicians which puts local musicians into random bands and gives them 24 hours to rehearse a selection of cover songs. This year's event raised more than \$5,000 for Saskatoon Crisis Nursery and Classic Community Legal Assistance Services for Saskatoon Inner City.

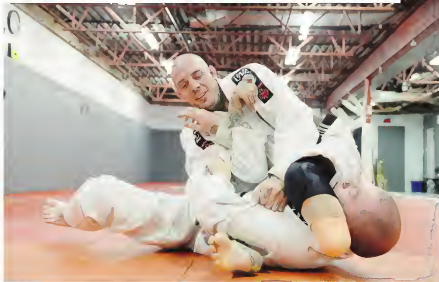
STYLING: PHOTO BY CORINNE BOUTIN/STYLING

ON THE COVER

People ask me if it was a tough decision, and (with) the amount of pain that I was in at the time, it really wasn't — Janz Stein

AMPUTEE

How Janz Stein kept moving after losing his leg



Janz Stein, who underwent a double knee amputation in 2012, won a silver medal in 2010 at the World Jiu Jitsu Championships in Long Beach, Calif. (Photo by J. J. Smith)

By Mark Melnychuk

When Jazn Stein woke up in Salko Iron City Hospital after surgery and looked at where his left foot used to be, he felt a flood of relief.

"I actually still have a picture today of me with a bag under my foot," said the Regina, who under-

went a below-the-knee amputation on Nov. 7, 2012.

Stein, 32, chose to have his foot amputated because it brought an end to the year and a half of pain he had been living with after he was injured in a dirt biking accident in 2011. An attempt at pinning his knee over a car broke Stein's tibia, fibula and

dislocated his ankle. Eighteen screws and three plates were surgically implanted into his leg and foot, which were later rejected by his body and had to be removed.

After that, Stein went back to competing in martial arts, and in 2012, despite suffering from pain managed to win a silver medal in the World Jiu

Jitsu Championships in Long Beach, CA. But eventually Stein couldn't keep training and his injury

In 2012, he started to lose feeling in his legs because of severe osteoarthritis. Stein's doctors initially recommended he get an ankle fusion, which would remove the articular cartilage surfaces of the ankle joint.

Doing so would have severely hurt Stein's chances of continuing his active lifestyle, which for years had included skateboarding, martial arts and coaching high school wrestling. To ensure he could still do all these things, Stein made the decision to have his foot removed.

Continued on Page 6

It happened. And when it happens, your mind really switches things and you really learn to cope with it. You just learn how to live a normal or if not, better, lifestyle than you did in the past. — Steirn



Jono Steirn—who is active in many sports including skateboarding, martial arts, along with coaching high school wrestling—trains at the Mirira Fieldhouse on his Chevrolet Blazer prosthetic blades. PHOTO BY DON HAYES

"I really did a lot of research. I was asking people in the States that had done a knee and knee they're below the knee amputees," said Steirn.

"People ask me if it was a tough decision, and (with) the amount of pain that I was in at the time it really wasn't."

The amputation was a second chance for Steirn to live an active life, but it had to be fought for during the recovery from surgery. Steirn went from running his own waste disposal business and training in martial

arts full time to lying in bed.

"For the first, I would say two or three weeks, it was really hard. I was very emotional, (and) cried every day probably," said Steirn.

Steirn's wife Nikki, who has known him since high school, said it was difficult to see her athlete husband restricted to the house.

"It was hard for me even to be home with him because it was just it wasn't him," she said.

"He is a very active guy. He doesn't like to be restricted, especially to a

bed, so it was tough to be around that and see him in that stage."

To make the healing process even tougher, Steirn's leg became infected and required a revisional surgery, meaning he had to go through a second amputation.

After weeks of recovering, Steirn was finally fitted with a prosthetic limb in March 2011. The first few months were packed with physiotherapy as Steirn learned how to walk with his new leg. Meeting a prosthesis fitter at first is very uncomfortable

for amputees, but within months Steirn was standing on a skateboard again.

Steirn rides goofy on his board, meaning he pushes with his artificial left foot. He can still pop ollies, board slide on a rail and ride a mountain. It's actually more than Steirn could do while his foot was injured after the dirt biking accident, since the pain prevented him from sitting easily.

Now it's even more fun because it's almost like I have to learn how

to skateboard all over again, and I kind of like that challenge in life," he said.

Steirn now actually has four left legs—each one designed for different activities. There's his "trash foot" that he uses for skateboarding, a street leg designed for casual use such as trips to the grocery store and a Freedom Innovations prosthetic for high impact sport and heavy lifting, which he uses for work. Finally, there's his baddest speed. Chevelle Steirn, by God, that he uses for track.

He's probably the best coach I've ever had in any sport.
He just has that drive that makes you want to go work
hard. — Chris Corner



Chris Corner has been a coach of the Sheridan Williams Collegiate wrestling team for the past 17 years. See photo in www.starphoto.com

Stevin also returned to training in jiu jitsu, in which he is a four-time brown belt. The like track and shooting, he doesn't wear a gear that's while competing in martial arts.

He still has some concerns about jiu jitsu, but simply puts it out of his mind while training.

Like skateboarding, Stevin has had to return the sport by adjusting his technique.

and the way he rolls his opponent.

"I enjoy it a lot more than in the past. I think I look a lot faster a little bit."

Mike Bell, a longtime friend and sparring partner of Stevin, said the amputation hasn't made him any less of a formidable opponent.

"He's just as good as he was with two legs," said Bell, who described Stevin's incredible drive to exceed his doctors' expectations.

Continued on page 8

Authentic Amish Cooking



Copyright © 2010 Authentic Amish

Meat Loaf Pizza

1 lb. Mo. Extra Lean Ground Beef
1/2 c. Pepper
1 C. Tomato Sauce

1 C. Cheese
1 t. Salt
1/2 t. Garlic Powder
2 cc. Shredded Mozzarella



Sprinkle the chopped meat with salt, pepper and garlic powder. Tightly roll into a 10" pie plate, including one slice in roll. Bake in hot oven at 400° for 15 minutes or until well browned. Add tomato sauce and sprinkle with the cheese and mozzarella. Bake 10 minutes longer or just until hot and bubbly. Cut off any fat. Add chopped green peppers, mushrooms, olives, onions or whatever using your like on a pizza.

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Now it's even more fun because it's almost like I have to learn how to skateboard all over again, and I kind of like that challenge in life. — Stein

"If [the doctor said] 'OK, it's going to be three months to heal, he would say 'I would do it in two,'" said Bell.

The amputation gave Stein the opportunity to discover new sports such as track and field. He trains at the Paralympic in Beijing, and is working toward competing in the long jump event at the 2016 Paralympic American Games in Toronto.

"I had no idea that I could be a track athlete," said Stein.

"I can probably run a lot faster now than I could with two healthy legs."

Stein has a lot of work ahead before he can compete. Not only does he need to learn the ins and outs of a whole new sport, but he also has to become extremely adept at using his artificial limbs.

He can't feel that foot, so he often doesn't know where it is. The drills help him to be more aware of his body and the use of the prosthetic, said Carla Nichols, Stein's coach, who attended the 2008 Summer Olympics in Beijing. China is a pump coach.

Stein isn't shy about revealing his prosthetic leg for the world to see. He uses it as a way to educate people, especially youth, about what it's like to be an amputee. He gets a chance to do this every week while coaching high school wrestling at Sheldon Williams Collegiate, which he has done for the past 11 years.

Stein got always willing to offer advice. Stein is the epitome of a high school sports coach except for the tattoo on his neck and arms.

When his students talk about him, it's clear Stein was deeply moved while he was recovering from his amputation.

"I think my life would be way different if he wasn't involved in it," said Chris Corcoran, a student at Sheldon who has been coached by Stein for the past four years.

It's probably the best coach I've ever had in my sport. He just has that drive that makes you want to go work hard," he added.

Although Stein has a very physical and athletic, he describes dealing with an amputation as a challenge that is 99 per cent mental. It can take a real mental toll on an amputee to have a limb that he or she was born with removed.



Jesse Stein was fitted with a prosthetic limb in March 2014 after two separate surgeries to remove his foot and most of his leg. www.foxnews.com/story/2014/03/27/paralympic-amputee-returns-to-sports/

"If you mind fighting you," said Stein.

For many amputees, that mental fight comes in the form of phantom pain, which is a neurological condition where a person experiences pain in a portion of a limb which is no longer attached to the body.

"I don't get a lot of severe ending kind of bag snags tingly feelings on my stump. I ignore that but I think it'll be with me for the rest of my life," said Stein.

When Stein is training pains or

stend of gym shorts, it's hard to tell he's wearing artificial limbs. It's almost like he's wearing them when parking his truck to a handbag zone.

"I've had a couple people confront me about it, and I just say 'Hey I'm an amputee, and I'll just go my own way and show them,'" said Stein.

Stein's openness about his amputation, and the fact that there are videos on Facebook of him showing what he can do, has earned him attention from other amputees around the world. Stein has been contacted by

people in the U.S. and India asking him for advice on how to deal with their own amputations.

"The best thing I can say to people if they are going to lose a limb is don't sit back and make people feel sorry for you, just continue with life," said Stein.

Stein didn't just continue with life. His wife believes the way he responded to the amputation improved it.

"I think he's actually a better person because he's been through a tragedy. He's come out of it strong,

and then he's also changed his hobbies and changed his ideas," said Nicks.

Stein, who refers to his new different artificial limbs as his "Tendy," feels the same way.

"It happened. And when it happens, your mind really catches things and you really learn to cope with it. You just learn how to live a normal or if not, better, lifestyle than you did in the past."

www.foxnews.com/story/2014/03/27/paralympic-amputee-returns-to-sports/

Over \$6.3 Million Invested

Creative Saskatchewan is dedicated to supporting Saskatchewan's creative industries.

Since accepting the first grant application, Creative Saskatchewan has committed more than \$6.3 million to Saskatchewan's creative industries.

As of December 13, 2014

This investment has been across all creative industries:

| | |
|----------------------|--------------|
| Book Publishing | \$ 620,045 |
| Live Performing Arts | \$ 41,487 |
| Music | \$ 1,787,993 |
| Screen-Based Media | \$ 3,331,242 |
| Visual Art & Craft | \$ 532,733 |

These investments have supported the following:

| | |
|-----|---|
| 23 | Screen-Based Media Development Projects |
| 19 | Screen-Based Media Production Projects |
| 121 | Market Travel Events |
| 14 | Business Capacity & Research Projects |
| 9 | Commercial Sound Recording Projects |
| 26 | Performing Arts Tours |
| 98 | Market & Export Development Projects |
| 29 | Creative Industry Production Projects |

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The next *Defined Intake* application period is:

January 5 - 25, 2015

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SASKATCHEWAN

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., Dec. 31

Siren Strati
Buds on Broadway,
877 Broadway Ave.

The Himes
DownTown Lightin',
666 Spadina Ave. W.

Mark Chesnut
Delata Dance Casino,
204 Delata Dance Way, Whitebox

New Year's Eve Macquoddy Ball:
Pulse Presents w/ We Were Lovers
and Hana Lu Lu
Amigos Cantina,
632 10th St. E

**Lacy With w/ DJ Mikey Dubz and
ArVida**
Orbitone Event Centre,
341 Second Ave. S.

New Year's Eve: The Photobombs
and Charly Hostle
Capital Music Club,
364 First Ave. N.

Young Benjamin New Year's Eve
with *Bruders Love*, *Busen and
Personal Space*, hosted by *Shredon
Fishery*
Vampiro Tavern,
661 Broadway Ave.

Rock Bottom New Year's Bash: *Black
Land Preety*, *Dusty Tuckers*, *Shengier
Dangier* and *Jamie*
Rock Bottom,
6343 Broadway Ave.

Also: Unkinkably
Buds on Broadway,
877 Broadway Ave. E

Marty Strumbe
Pizz's Pub and Grill,
1603 10th Ave. N.

End Blues
Steak Place,
100 10th Blvd. SE E

The Heights New Year's Eve
with *Mr. Pudge*, *DJ Loring* and
Albert
The Heights,
120 Second Ave. N.

**New Year's Eve House Party: Seattle
Blues**
Rint,
229 Second Ave. S.



Mark Chesnut will be performing at Delata Dance Casino on New Year's Eve.

Fri., Jan. 2

Also: Unkinkably
Buds on Broadway,
877 Broadway Ave.

Philo Friday: Paul Graham
Route Series in With the Gril
The Basement,
264 Fourth Ave. N.

Forever Young
Army & Navy Club,
359 First Ave. N.

The Mobles
McNelly Robinson,
3130 Eighth St. E.

The Sebule

Toon Town Tavern
3330 Fairlight Dr.

**Longwriting in the Round: Geoff
Smith, Anne Haversbeck and Fern
Vaughn** Tavern,
601 Broadway Ave.

Patty Helga
Pizz's Pub and Grill,
1603 10th Ave. N.

Sat., Jan. 3

Seneskyne
Buds on Broadway,
877 Broadway Ave.

**Philo Saturday: Monica Drown
and Neil Currie** alternating

The Basement
264 Fourth Ave. N.

Forever Young
Army & Navy Club,
359 First Ave. N.

The Hythehouse
Nelson Legion,
3031 Louisa St.

Wayne Reagan
McNelly Robinson,
3130 Eighth St. E.

Algebraica
Rock Bottom,
6343 Broadway Ave.

Patty Helga
Pizz's Pub and Grill,
1603 10th Ave. N.

Sun., Jan. 4

Acoustic Joe *Jeffrey Lawford*
Buds on Broadway,
877 Broadway Ave.

Mon., Jan. 5

**The Devil South w/ Languas of
Whites**
Capital Music Club,
264 First Ave. N.

Tues., Jan. 6

The Debile
Buds on Broadway,
877 Broadway Ave.

ART

Mendal Art Gallery
Unit 1 Jan. 4 at 1953 Spadina Cn.

Also: Unkinkably
Buds on Broadway,
877 Broadway Ave. The 50th
anniversary exhibition, *Modern Visions*,
presents about 120 works from the
permanent collection. "Talk" with
artist and Sandra Chesser for *Modern Visions*.
Jan. 4, 1 p.m. Galleries open will
be closed Jan. 5-16 for installation of the
watercolor exhibition "LADY GOLD,"
celebrating the Mendal's 50th an-
niversary celebrations. Jan. 10, 6 p.m.
to 2 a.m. Tickets and information at
elga.ca.

**Humboldt and District Museum and
Gallery**
Unit 1 Jan. 31 at 501 Main St., in
Humboldt. A Local Perspective by
Marian Winkler. An exhibit of wildlife
paintings.

Helen Art Supplies
Unit 1 Dec. 31 at 808 Louisa Ave. Art-
work by Kathleen Givens.

Art in the Gables
Through December at Parkridge Cen-
tre, 110 Grepper Cres. Art to inspire.

Station Arts Centre, Southern
Through December at 101 Railway
Ave. in Southern. Month 0-Same
is displaying a variety of new and
kindness created by commu-
nity members, for a winter festival
and fundraiser. There will be artists,
events and short courses for the
month of December Reception, an
interactive exhibit, runs Jan. 1-24.
Featuring the works of 40 artists from
three Southern-area art-making
collectives.

SEVAP Gallery
Unit 1 Jan. 2 at 253 Third Ave. S. Ap-
pearances by Amanda Haisler. Highly
textured acrylic paintings in both
abstract and portraiture.

**The Gallery at Frances Morrison
Central Library**
Unit 1 Jan. 2 at 211 23rd St. E. Across
the Ocean by Jean Sasse. Paintings
inspired by the nature of Africa and
urban landscapes.

Eye Gallery
Unit 1 Jan. 2 at 111-113 College Dr. Ink
Sketches. Works by Tapan
Bhargava, Nathan Balderson, Patrick
Bulas, Norm Jack, Alana Moore, Steve
Sandbeck, Brianne Whelan. Close
to home runs Jan. 2 to Feb. 13. Photo-
graphs by Jeanne MacInnes Reception
Jan. 17, 2 p.m. to 4 p.m.

Inside Star Gallery
Jan. 3 to Feb. 1 at 1096 Highway 91 E.
Sandra Winters, selections by guest
curator Kira Rogers. Opening reception
Jan. 4, 7 p.m.

The Gallery at Art Placement
Unit 1 Jan. 4 at 228 Third Ave. S. On
the Ground by Emma Lake. Landscape
paintings by Deborah Penhallow.

A Hilly Gallery
Unit 1 Jan. 10 at 813 Broadway Ave.
Imaginary Architects. Imaginative
handmade toys and games in a va-
riety of mediums. Reception Jan. 5, 7
p.m. to 9 p.m.

Patty Helga
Unit 1 Jan. 31 at 212 Third Ave. S. A
collection of three-dimensional
artworks by Sharon Gaskin.

Umbriel Museum of Canada
Unit 1 Jan. 31 at 912 Spadina Cn. E.
Dawning in Umanium. Travel photog-
raphy by Andrea Kopylov and Karen
Pichinsky.

EVENTS

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Green Ark Collected Home
Until Feb. 2 at 212 26th St. SE, Weeks
By Geoffrey Woeller

United Gallery Collects
Until Feb. 20 along the sidewalk from
the Maricopa Valley Centre to the
Museum Art Gallery an installation
in the trees, by Maurice Martin with
support from local teens, members.

Saskatoon City Hospital Gallery on the Bridges
Until Feb. 20 on the sixth floor of the
Alumni of Saskatoon City Hospital
Museum, a collection of landscape
paintings by Patricia L. Clarke.

Western Development Museum
Through April 20 at 2610 Lorne
Ave. Old Bent Traveling Exhibit in
partnership with the Royal Saskatchewan
Museum. A \$2 million year-old
crocodile skeleton brought back to
life through 3D imaging.

FAMILY

Stop and Play
Tuesdays and Wednesdays, 9:15 a.m.
to 11:55 a.m., through April. For children
ages six to nine. Semi-structured,
crafts, snacks, story time, toys, activities.
Email stopandplay@wdsask.ca
or go to www.facebook.com/stopandplay

Stairs and Strollers
Wednesdays, 1 p.m., at Central Cinema.
In The Centre. Choice of two movies each week. A family-friendly
environment with lowered volume,
dimmed lighting, a stroller table
and stroller parking in select theatres.

Gleu Clinic and Play
Wednesdays, 10 a.m. to 11:30 a.m., at Gleu 4
419 South Broadway SE. In a wheelchair,
Saskatchewan's newest indoor
playground. For children up to age 12.
Email gleu@gleuclinic.com or visit
www.facebook.com/gleu

Fun Factory Indoor Playground
Wednesdays, 10 a.m. to 11:30 a.m., at Fun
Factory. Indoor playground for young children.
Adults and children under five years
are free. There is a separate fenced area
for children under five.

Children's Play Centre
Daily at Lawson Heights. A fun,
safe environment for preschool
children to play. Please note this is an
unsupervised play area and adults
must stay with and supervise children
at all times.

School Break Winter Crafts
Dec. 31 to Jan. 4, 1 p.m. to 4 p.m., at



Service River is by Rebecca Porceddu at an exhibit at The Gallery at Art Phoenix.

Maricopa Valley Centre, 402 Third
Ave. A walk-a-ways, accessible hand-
saw, or an animal mask, and learn
about some of the animals that live
around Saskatoon through the winter.
For ages five to 12.

Market Mall Children's Play Centre
Daily just off the food court at Market
Mall. This play area is free and has
different level skills. Children must wear
socks in the play area.

Breadfeeding Cafe
Thursdays, 10 a.m. to 11:30 a.m., at
Weekends Primary Health Centre,
238 Fairlight Dr. A drop-in support
group for breastfeeding women. Sessions
will be facilitated by a lactation
consultant with a brief educational
presentation, and time for interaction
with the other mothers.

Saskatoon Indoor Playground
Thursdays, 9:15 a.m. to 11:15 a.m.,

through May, at Grimspeak Baptist
Church, 1044 Acadia or Sherwood.
Structured playgroup for kids up to
age five. A lounge house and toys
for kids, designated infant play area,
coffee bar for parents. Registration
on arrival. Information at scott@grimspeak.ca
or stop over at their Facebook page.

Mothers for Mommies
Thursdays, 1 p.m., at Rainbow Cinema
In The Centre. An infant-friendly
environment with indoor climbing,
change tables, bottle warming and
stroller parking.

Stop & Play
Fridays, 9:30 a.m. to 10:30 a.m., meet
in front of Customer Service at The
Mall at Lawson Heights. Classes consist
of power-walking, body-sculpting
moves using exercise tubing and acro-
batic for parents and babies. Pre-
register at nunamandoc@scsfitness.com.
No classes on stat holidays.

Baby Talk at SPL
Fridays, 10:30 a.m., at Alisa Turner
Breast Milk, 10:30 a.m., at
Curling long branch and its Wood
Branch, and Tuesdays, 10:30 a.m., at
Curling Wright Branch. Half-hour sing-
ing and rhymes, then mingle with
other parents.

Mowing and Mts
The first Friday each month, 8:30
p.m., at West Valley Centre, 7010
Eighty St. SE. A one-project, one-
evening class designed for one parent
with one child. Painting techniques,
tips and ideas. To register call 308-
373-3219.

Postnatal Yoga
Mondays, 12 p.m. to 1 p.m., at Pregnancy
and Parenting Health Centre,
248 Third Ave. S. Refreshers for inter-
mediate yoga designed to help with
postnatal recovery. Baby-friendly
class with a certified yoga teacher.
Suitable for four weeks to two years
postnatal. Register at www.postnatalyoga.com
or call 308-373-3219. No class on
stat holidays.

**Canadian Light Source (CLS) Public
Tours**
Mondays, 1:30 p.m., at the Canadian
Light Source, 44 Innovation Blvd.
The synchrotron research facility is
open for the public. Information
is required. Call 306-660-3644,
email clspublic@cls-sources.ca
or visit www.cls-sources.ca/visit/cls_public.php

Prenatal Yoga
Mondays, 6 p.m. to 7 p.m., at
Pregnancy and Parenting Health
Centre, 248 Third Ave. S. Taught by
a doula and certified yoga teacher.
Informative and safe for any stage
in pregnancy. Call 306-231-0443 or
email info@prenatalyoga.com.
No class on stat holidays.

Playgroup
Tuesdays, 9:30 a.m. to 11:30 a.m., at
St. Michael's Anglican Church, 1000
Healed by Holy Hearts Learning
Community, a group of families
inspired by Mother's philosophy.
Programme is aimed at children
ages two to five, but all ages are
welcome.

Preschool Story Time
Tuesdays, 10:30 a.m. to 11 a.m., at
Civically Institute, 2310 Eighth St. SE.
Children ages three to 5. Read the
Civically Institute. Call 306-952-1477.

Read & Paint
The first Tuesday at 10:30 a.m., and

Wednesdays at 1:30 p.m., each month,
at West Point Pottery, 5-310 Eighth St.
S. Suitable for ages two to six. Each
week features a different story, fol-
lowed by a related painting project.
Jan. 6-7 is Penguin Vacation and
painting sculptures or crabs.

**My Smart Hands Sensory: Baby
and Toddler Sign Language**
Starting Jan. 13 and 15. Sign a lot
language program that is able to com-
municate with your pre-verbal baby,
accelerates verbal development and
strengthens cognitive skills. Repre-
sentation is new class. For information
contact: Tanya Myrtle to Wells BSW,
RMC, Certified Baby Sign Instructor at
tanyamyrle@mysmarthands.com

BROOKS & KIDZ Saskatoon
Regular after-school program,
preschool classes and camps for kids
of all ages at various locations in Sas-
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919-2749.

Saskatoon Public Library Programs
Ongoing, daily programs for children
and families. Find the calendar at
saskatoonlibrary.ca/index1015

* SPECIAL EVENTS

Saskatoon Farmers' Market
Open year-round, Wednesdays and
Sundays 10 a.m. to 3 p.m., and Satur-
day 8 a.m. to 2 p.m., farmers are in at-
tendance. Tuesday 10 a.m. to 11:30
a.m., and Saturday and Sunday
during harvest hours, food service and
specialty shops are open. Information
at saskatoonfarmersmarket.com.
Contact: 306-236-0263, info@saskatoonfarmersmarket.com

Mayfest Carpet Bowling
Wednesdays, 11:30 a.m., at Mayfest
Central Church. Beginners and ex-
perienced players are welcome.
For information call 306-660-3581.

New Year's Eve at Hatzia Lagoon
Dec. 31, 8 p.m. to midnight, 10 p.m. to
midnight, at Hatzia Lagoon, 1000
St. Sebastian. The Rhyme Machine in
the hall and live music in the lounge.
Tickets at the laptop. Information at
306-436-6263.

Pinkadee 306 and 606
Dec. 31, 8 p.m., at the Gammal Cultural
Centre, 1800 Campbell St. S. & tribute
to The Beatles and Buddy Holly. Fea-
turing live music by English, Welsh
will be served at 11 p.m.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

LISA DRIVER

Opening Up: How to Develop Your Intuition and Work With Your Angels



Lisa Driver

When was the last time you trusted your gut? Most of us can think of decisions we made that were based on gut instincts, or we can recall intuitive feelings and thoughts we had. We are beings made up of energy and these instincts are meant to influence us, guide us and help us to navigate our path in the world. When we listen to our first tug, it can lead us to great success,

opportunity and new relationships. In 2002, I followed my instincts and moved from Arizona to a new home and opportunities in Medicine Hat, Alta. I felt lost in my new life at the time and I further followed my instincts and attended a health and healing expo in Medicine Hat. I found assistance and guidance through an angel reading, where I was encouraged to pursue a path in a spiritual career and life coach. With some hesitation, I began to research opportunities and before I knew it, I found myself offering card readings, angel readings, medium

ship readings, Reiki treatments and other spiritual healing services to numerous clients in person and online. Many of my clients began asking the same questions to readings: looking for the same types of guidance and messages of peace. The idea of writing a workbook full of exercises, answers and personal examples seemed like a natural extension of my new spiritual wellness business. Opening Up is the story of my journey from skeptic to a believer and teacher of intuition, angels, and divine guidance. It includes my

Opening Up

How To Develop Your Intuition
Real Work With Your Angels



Lisa Driver

EVENTS

New Year's Eve Celebration
Dec. 31, 6 p.m. | at Pineland Park, A-15 • event: Featuring Men Without Shave and DJ Anchor. With party games, a photo booth, prizes and party news. Tickets at TicketCity.ca; the Pineland box office at Mac's stores.

Freddie Vinton's New Year's Day Concert
Jan. 1, 2:30 p.m. | at Grace Westminster United Church, 5030 10th St. • Featuring classical chamber music, Mozart's Symphony No. 10, Handel's Concerto Grosso Op. 8, No. 1, Beethoven's String Quintet and Boccherini Concerto for Violin and Cello. Tickets at Marilyn Robinson or at the door.

West Coast Swing Dancing
Every second Wednesday 9 p.m. to 12 a.m. | at Louie Pub, 400 Campus Dr. Learn to swing dance.

SFV Dances
Thursdays, 7 a.m.-10 a.m. | at Albert Community Centre, 410 Clarence Ave. S. Saskatoon International Ballroom Club. Learn dances from

many countries around the world. First night is free. Visit sfvdances.com

Off-Broadway Theatre's Nocturne, International Bazaar, and Eltre
Tuesday, 8 a.m. to 6 p.m. | in the basement of Grace Westminster United Church, 5030 10th St. • Offering a variety of locally produced food, clothing, and accessories from indie art products, baking, and fabric to dishes. New vendors will come. Call 306-666-2942 or email pernell1@hotmail.com.

Parsons' Market Closed
Until Jan. 1. Regular hours resume Jan. 2.

Drawing Circle
First Sunday of each month, 1 p.m. | at the Union Station Centre, 213 Second St. E. Beginners are welcome.

Cakes in the City
Jan. 27, 4 p.m. to 6 p.m. | at the Saskatoon Farmers' Market. A fundraising cake walk in support of Children's Homes and Justice. Sellers are



The BHP Billiton Enchanted Forest. Heather Lupton. Photos and art by Jan. 10 at the Saskatoon Rotary Farm Park & Zoo. Photo credit by Steve Roberts

invited to design and present a cake using the theme winter sparkles. With accents choice vests, a Jan. 6 displayed bag for each baker, and a

chick cake. Baking. Bakers must RSVP Jan. 3. Information at jacksons@sfvdances.net, 306-621-6662.

Tonight's Poetry
Jan. 4, 7:30 p.m. | at The Woods Ale House, 140 Second Ave. N. Community Stage featuring David Mark Petterson.

English for Employment Class
Suzanne Jan. 5. Hosted by the Saskatoon Open Door Society to improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information or sign-up at 306-250-4347, 306-653-4444, 306-250-4337, info@open-door.ca or www.open-door.ca.

Comedy Night
Jan. 6, 9 p.m. | at Pogo's Pub and Grill, 1402 16th St. N. With Don Reed.

BHP Billiton Enchanted Forest
Wednesday, Jan. 10, 5:30 p.m. to 11 p.m. | at the Saskatoon Rotary Farm Park & Zoo. Light walk Jan. 1, 5:30 p.m. to 9 p.m. The drive-through Christ-

mas display celebrates its 10th anniversary. Tickets at the gate, and car passes at Safeway or Shoppers Drug Mart. Funds raised support the Saskatoon Zoo Foundation and the St. Michael's Hospital Foundation.

Learn to Dance
Starting Jan. 5, 7 p.m. | at Albert Community Centre, 410 Clarence Ave. S. New and old ballroom dance classes by Karolanne Dance Club. Call 306-390-5466.

New Hope Dog Rescue Book Sale
Jan. 18 at Market Mall. Donated books will be collected until the sale begins. Takeaway dress off books at 1000 Franklin Dr., or contact 306-751-3166 or tag@newhope-dog-rescue.com for the north end, van@newhope-dog-rescue.com for the Exhibition area, or 306-203-3327 for Quebec Ave. All proceeds will help New Hope Dog Rescue.

For a full listing of events, see community calendar opposite. For photos, listings with a photo of space reserved. Submissions should be in word format. The event ends.

ACROSS

NEW YORK TIMES Edited by Will Shortz

Abstract

- | | | | | | | | | | |
|----|---|----|----|----|----|----|----|----|----|
| 8 | Billed transverse migrate | 24 | | 31 | | 38 | | 45 | |
| 9 | Coccol, hem? Abbe | 25 | | 32 | | 39 | | 46 | |
| 10 | With combined backbone axial | 26 | | 33 | | 40 | | 47 | |
| 14 | Wet, malleable | 27 | | 34 | | 41 | | 48 | |
| 18 | Ap ____, endemic Colorado, Texas, secondary | 28 | 22 | 35 | 37 | 42 | 23 | 49 | 21 |
| 17 | Folklore | 29 | | 36 | | 43 | | 50 | |
| 19 | Benches | 30 | | 37 | | 44 | | 51 | |
| 20 | "Bewitched" variant? | 31 | | 38 | | 45 | | 52 | |
| 21 | "Take it, eat patients" | 32 | | 39 | | 46 | | 53 | |
| 22 | Merge tanks part | 33 | | 40 | | 47 | | 54 | |
| 24 | Elk's father | 34 | | 41 | | 48 | | 55 | |
| 25 | Head or head | 35 | | 42 | | 49 | | 56 | |
| 27 | First date enough | 36 | | 43 | | 50 | | 57 | |
| 28 | Unpleasantly toward | 37 | | 44 | | 51 | | 58 | |
| 29 | Not it, without flared end | 38 | 24 | 45 | 25 | 52 | 26 | 59 | 27 |
| 30 | Mind of the symbols on a traditional slot machine | 39 | | 46 | | 53 | | 60 | |
| 32 | Yellow, sleek | 40 | | 47 | | 54 | | 61 | |
| 34 | Accretion order? | 41 | | 48 | | 55 | | 62 | |
| 36 | Koray's tomatoes season | 42 | | 49 | | 56 | | 63 | |
| 38 | Put in law | 43 | | 50 | | 57 | | 64 | |
| 42 | Org. originating the three-year deal | 44 | | 51 | | 58 | | 65 | |
| 43 | Stuffs with sugar | 45 | | 52 | | 59 | | 66 | |
| 44 | Madness's cup here | 46 | | 53 | | 60 | | 67 | |

References

- | | | | | | |
|----|---------------------------------------|----|------------------------------|----|------------------------------|
| 11 | Stuffs with cats | 11 | Helps sprint with "faster" | 41 | 20 years of blings for short |
| 12 | Wonders in <i>enlighten</i> | 12 | "I'm a doctor" | 42 | Wine blarney |
| 13 | "You abortion?" | 13 | "I'm a doctor" | 43 | Old jury |
| 14 | After he's captured | 14 | Top 10 song | 44 | 100 million subaltern |
| 15 | For "corrections" | 15 | Historical blog | 45 | Point |
| 16 | Cake | 16 | Director's blog | 46 | Sway |
| 17 | After the town is "abandoned" | 17 | Words of welcome | 47 | Acquaintance |
| 18 | It's a fix | 18 | It's a fix | 48 | He's a "Gangster" "Tall" |
| 19 | Resistant (there's "faded" for short) | 19 | Once a day of "Hugues" (his) | 49 | Midnight (his) |
| 20 | Same misophones | 20 | Adaptation (his) | 50 | It's the elements |
| 21 | 9 more (Lionel) (her) | 21 | "High" (his) | 51 | Harvest (Lionel) n.p. |
| 22 | 9 more (Lionel) (her) | 22 | 9 more (Lionel) (her) | 52 | Sounded |
| 23 | 10 songs | 23 | "The elements" (his) | 53 | Musical prime |
| 24 | Go through scale | 24 | 37 different (his) | 54 | Go through to "Hugues" |

JANRIC
CLASSIC
EPOXY

Local Discrepancy

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and deductive elimination to solve the puzzle.

| | | | | | | | | |
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| | 4 | | 7 | | | 2 | | 9 |
| 2 | | | 4 | 9 | 5 | | 6 | |
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| | 1 | 5 | 6 | | 2 | 7 | 9 | |
| 3 | | 8 | | | | | | 2 |
| | 3 | | 1 | 7 | 4 | | | 8 |
| 1 | | 4 | | | 8 | | 3 | |
| | | 2 | | 6 | 9 | | | |

Solution to the
crossword puzzle: see
the Sudoku number
puzzle on page 12

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Best of SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

BEST OF SPACES 2014

Spokane's creativity shines this year, making the homes Bridges was invited to tour for Spaces. From clean and modern to delightfully artistic, these interiors exuded beauty and originality in all forms. We would love to visit your home in 2015. Please email us if you're interested: bridges@thestarphoenix.com.

Here are some of our favorite Spaces photos of the year.

BRIDGES PHOTOS BY MICHELLE BERG



The SCWAP gallery displays a Halloween exhibit.



The Agnes is working space above Gamma Restaurant.



Green-Kyball's unique house near Waukegan.



Crook-Jungers and Pip's backyard is part of the Best Secret Garden Tour.



Details from Crook-Jungers' backyard.



A look inside the Nexus Building, the newly new corporate headquarters for the Wal-Mart Group.



Perkins' new space at 220 20th St West.



River Street's home is full of antique items, flowers and the Phoenix.

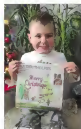
OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to steph@steph-mckay.com. One winner will be chosen each week.



Last week's contest winner is Hailay Wilda.

Thanks to everyone who submitted entries.



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SHARP EATS

SASKATCHEWAN FOOD SCENE

The six best Sask. dishes of 2014

By Jenn Sharp

As a food writer, I have the luxury of dining out a lot. There have definitely been some less-than-stellar meals this year, but mostly it's been a joy. Chefs are really stepping up their game and showing out some delicious eats. It was hard to narrow it down to just six, but here are my favourites.

I'll have to hear about the best meal you had in 2014. Email me at jsharp@thestarphoenix.com or send me a note via Twitter @JennKSharp.



The rib dish from Gazing Goat. (Images photo by Michelle Borg)

RIBS

From: **The Gazing Goat,**
210 20th St. West, Saskatoon

Saskatoon's newest restaurant is a hip little spot in Riverdale. The Gazing Goat's small plates theme is modelled after owner Aaron Salek's Moroccan and Afghan heritage.

"It's a part of our culture. That's the way we eat at home, just a more relaxed version — and in a more West-ern style," he says.

Salek's wife born in Japan so he got to find a few fusion items on the menu, too.

I love The Goat for the many dishes that deliver you can experience in one night. All the plates are small

enough to try two or three, yet large enough to share it all, and trust me — you'll never get bored eating here.

My favourite dish is the ribs. It changes depending on what's in season, but chef Nathan Gaggner never sells out the porkchops (from Prince Rupert) and adds Chinese five spice to the marinade. It's rubbed up tight and tall, then cooked for four hours. Breadcrumbs spread thick over with shishito mushrooms.

If you're going with a group, reserve the front table — it's surrounded by a large window and a "living" wall.

See a food trend you think deserves a highlight in Bridges?

Email bridges@thestarphoenix.com

or visit Bridges on Facebook



Pork dish from Aylen Kitchen and Bar by chef Nathan Gaggner. (Photo by Michelle Borg)

PORK

From: **Aylen Kitchen and Bar,**
265 Third Ave., Saskatoon

Sometimes I dream of pork. In 2014, that dream was always about Aylen's porkchops.

To make the dish, chef Nathan Gaggner never sells out the porkchops (from Prince Rupert) and adds Chinese five spice to the marinade. It's rubbed up tight and tall, then cooked for four hours.

Breadcrumbs spread thick over with shishito mushrooms.

Onion, egg and sweet potato accompanies the dish. The flavours in the rice are brought out by the chef's classic Asian dressing: soy sauce, rice wine vinegar, sesame oil, ground ginger and garlic.

The only downside to this dish is that it won't be off the menu soon.

Aylen's pork spurs on the new year will be a red wine pork shank. Pork belly marinated in red wine for 48 hours and cooked with an earthy mixture of root vegetables. A hint of smoke will come from Gaggner's smoked ham back stock, and you may even find crispy pork belly too.

EGGPLANT

From: **The Old Couple,**
228 20th St. West, Saskatoon

Eggplant can be tricky to get right, that's why you rarely see it on the menu. Too many people have had bad experience with mushy, oil-soaked eggplant and aren't willing to try it again. If that describes you, then head to The Old Couple. Their eggplant will make your boss dance.

The Aylen eggplant and cured pork dish transports me right back to China (I lived in it for a summer term of university in 2006 and ate more eggplant than is humanly possible). In fact owner Andy Yang says the dish is inspired by what he and his family eat at home.

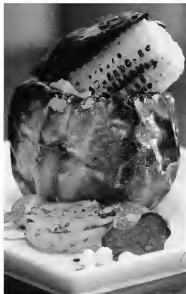
To make it the eggplant is quickly fried, then braised with the chef's house-made soybean paste and Kikkoman soy. Freshly chopped garlic helps bring out the dish's classic Chinese flavour profile.

The Old Couple is closed for the month of January on York. Its family and staff are heading home to China for a holiday.



The eggplant dish from The Old Couple. (Photo by Michelle Borg)

SHARP EATS



A breaded bean cassolette served at Table 15 in east Regina.
 (c) PHOTO BY TONYA GUNZ/STAMP

CASOLETTE

From Table 15, 2599 Quence St., Regina

Table 15 has always been one of my favorite spots in Cathedral so there was a definite odd when it closed. Happily it is reopened as Quence, and with a new head chef to boot Ricardo Rodriguez from east Argentina has enhanced the menu with south American food his homeland.

The local bread and bean cassolette was so good I went back for seconds the next day. Eating it as late being served up in a warm bag as a cold day. The cassolette is topped with a warm oil and balsamic sauce but I love the corn off. Presentation is everything to Rodriguez and his team, expect the cassolette to come served in a large bowl or sometimes in a "bowl" like the one pictured.



Grilled cheese and abridged corned beef soup from Vic's Tavern.
 (c) PHOTO BY JON GUNZ

GRILLED CHEESE

From Victoria's Tavern,
 1992 Hamilton St., Regina

No one ever gets tired of eating grilled cheese and it always tastes better in a restaurant than when you make it at home.

If you're going to an office, do it right and head to Vic's Tavern, the newest addition to Regina's downtown dining and pub scene. A house specialty, there are a few grilled cheese options on the menu. The 1 kg, don't mess with perfection. Go with the OG, a four cheese blend on thick white bread. Dip it in Vic's homemade smoked tomato Alphabet soup for a grown up version of what you did as a kid. Grilling can still count as a dip, too.



Marrakesh stew from Zibulov Coffee House. (c) PHOTO BY JON GUNZ

MARRAKESH STEW

From 13th Ave Coffee House, 3138 13th Ave., Regina

If you grew up in Saskatchewan, you grew up eating stew. But it's probably not like the one 13th Avenue Coffee House serves. One bite and you're transported to the spicy, spicy flavors of Morocco.

Generous portion of eggplant, carrot, sweet potato

and mashed all in a rich meaty sauce, topped with sautéed artichokes and mushrooms. Served with either brown rice or quinoa, the stew is instantly warming and comforting.

It's hard to pick a favorite dish from the casual cafe at Cathedral, you really can't go wrong with anything on the menu. The owners cater to vegetarians and they do it well.

GARDENING

#GARDENING IN SASKATCHEWAN

New Year's resolutions for the gardener

By Eri Svendsen

I have just as much trouble as the next person when it comes to making resolutions.

Resolutions are usually an attempt at self-improvement. You might get fit, quit a bad habit, get a new job, write the great Canadian novel etc. I've discovered that most times, my failed resolutions have been too ambitious or too out of character — success was just not in the cards. So my new approach is to make a few modest, achievable personal goals. They may be new or they can be seemingly incremental adjustments to successes you've already achieved.

The following are my New Year's resolutions for 2015:

1. Plant the vegetable garden before buying seeds. You often I get carried away — there come carrots, tomatoes, three dry beans plus one green bean. And then I open the seed and catalogue and I want an other corn variety now some basil, squash, cucumbers, Swiss chard (Right Light!) and don't forget two herb varieties — one for fresh eating, the other for pickling. With all the seed I typically purchase, you'd think I had an acre to fill and a family of 70 to feed. I have neither. I know how many rows I have room for and I'll need to limit myself this year.

2. Use all the produce and/or give away excess. See 1, above, for plan A. But that doesn't always solve the problem. Some vegetables (the corn, some ripe ziti etc.) stay. This year, I'll drop some of the excess off at the neighbours (as a thank you for all they do for us).

3. Keep an log of weeding and other maintenance. This is so much reasonable but too easily put off in lieu of something more fun. This year I'll try to schedule it for the same day each week, weather permitting.

4. Don't leave everything to the weekend. See 2, above. The weekend

is usually the time for family time, shopping and, finally, spending the gardening soil over the week to reduce the stress and make gardening less agonizing.

5. Read one gardening book. This is a recycled resolution. Last year, I read Lyndon Finner's *The Short Season Yard*. The year before, Ben Williams' updated and revised *Creating the Prairie Kitchenscape* and before that, Dennis Baker and Steven Bignall's *No Gaff Vegetable Gardening: 100 Recipes from Prairie Gardens*. 6. Start a garden blog. You'd think with all the writing I do, this would be no problem. But between my paid work and this column, I have little energy time and creativity left. My plan this year is to start small and just write about my gardening activities as they happen. If it just be for me and if others find it useful, that'll be a bonus.

7. Take more pictures. I now have a decent camera. I just have to take it with me everywhere and keep snapping. It should help with this column and my floristical blog.

8. Try new plants. There's bound to be a few winter casualties that need replacement, new cultivars for the vegetable garden, new annuals to try in your containers. Last year, I planted Quack Fire hydrogel as my first. This year, I plan on growing a jiffy or a purple-nerot variety (seriously, baby).

9. Get a green cart from the city for yard waste. I don't have room for a compost bin so I'm going to arrange for a green cart to pick up my lawn clippings, leaves and small branches. Kitchen scraps are not accepted. (<http://saskatoon.ca/locations/leaves-and-grass-bins>, 306-675-2427)

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca/home/sps/). Check out our bulletin board or calendar for upcoming garden information sessions.



Included in column: (l) Saskatoon's New Year's resolutions is a goal to try new plants like the Quack Fire hydrogel pictured here. PHOTO COURTESY FROM THE SOCIETY

WINE WORLD

#NEW YEAR'S EVE

Special occasion calls for bubbles and a sweet finish

By James Romanow

I am regularly told by people that they don't like champagne. I usually tell them it is because they've only drunk the cheap stuff you get for free at proms and weddings. So, when going to such a place with bubbly, I haven't had a single refund after I get there to taste the real thing.

Mind you, I'm a fan of very dry champagne, but that's not what I serve. Real Champagne like Veuve Clicquot and Moët & Chandon Impérial (both of which I consume in quantity) have a taste to grow on you. I serve Extra Brut, which is very dry, but less than dry. I also serve (and love) Demi-Sec (30-35 g/L) and Extra Dry (12-15 g/L) styles.

Many people find the tongue scrubbing of the drier wines unappealing. Although nobody wants to admit it, most of us are happy with a touch of sweetness in our wine. And champagne is no different, hence the variety of styles listed above.

If you want to indulge yourself this New Year's Eve, or are looking for a great Valentine's Day champagne, then you need to try Moët & Chandon Impérial Brut.

This is a Demi-Sec style of bubbly, but it is still the real thing. Great "meat" work drink for "celebs" (very people like a little wine that's interesting and classy, then in a class, and should be treated as such.



If you're a milk chocolate fan, this may be the champagne you've been seeking all these years. I enjoy it primarily as either an aperitif or as the dessert.

Moët & Chandon Impérial Brut 2014
Ask on Monday's paper for very cheap wine for the bottle, it's January after all. On Twitter @jdheast

Crossword/Sudoku answers

| | | |
|-----------|------------|--------|
| ISLE | SEA | ALTARS |
| SPIRITUAL | CARNEY | |
| MASHUIN | AVAILS | |
| TARITHA | ADMIT | |
| ADEN | SHORELEAVE | |
| RAN | ENVY | ELI |
| FRUIT | OSTER | |
| PRESENT | ARNS | |
| AREA | SPATIAL | ENACT |
| FIND | WOLINE | SETS |
| GRAD | SOFTENS | |
| HEROIC | WARGAMES | |
| AMANDA | ANAGRAMS | |
| NETTED | STS | KNOW |

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| 4 | 1 | 5 | 6 | 8 | 2 | 7 | 9 | 3 |
| 3 | 9 | 8 | 5 | 4 | 7 | 6 | 1 | 2 |
| 9 | 3 | 6 | 1 | 7 | 4 | 5 | 2 | 8 |
| 1 | 7 | 4 | 2 | 5 | 8 | 9 | 3 | 6 |
| 8 | 5 | 2 | 3 | 6 | 9 | 4 | 7 | 1 |



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Dear Chlo,
When do moose shed their antlers?



Dear Terry,
Though male deer and white-tailed deer can be found here your round at Beaver Creek, moose are only occasional visitors. Moose are the largest members of the deer family (Cervidae) and may weigh in weighing 800 kg. They also have the largest antlers of any cervid. A large bull moose can have antlers with a width of 1.8 m (6 ft) which weigh as much as 25 kg (40 lbs). That's as much as a small child! Moose antlers are pinned and shaped like the palm of a hand with outstretched fingers, thus the description "palmated". In the spring new antlers grow from the skull and are covered with a soft fuzzy tissue called "velvet". By September the antlers are fully grown and the moose removes the velvet by rubbing its new headgear against trees or branches. Mature moose usually shed their antlers in November, but some younger bulls may carry theirs through the winter until April.

Send your questions to me at the address below, then watch Snagles for the answers.

Your pal, Chlo

10000 Lakes Avenue
400 The Meadows
Winnipeg, MB R2V 4K1
Canada
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(OR AS SOME LIKE TO CALL IT, THE **'ME TIME'** EDITION.)



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